



Village Without Walls



New Year, New You Classes

A new Flex Fitness session will start on January 8th! These exercise sessions are taught by Deanne Michaud at 10:00 AM on Wednesdays and Fridays at the Forest Grove United Methodist Church, 1726 Cedar Street, Forest Grove, 97116.

Each week in addition to the regular balance and strengthening exercise, Deanne is adding movements specifically to prevent falls, and will have information and handouts to complement the exercise components.

Check out the attached [flyer](#) and contact Deanne at 503 799 8283 or at dedadee1@gmail.com for more information. Free to Silver Sneakers and Silver & Fit participants.

Meet Barbara Hart Member and Volunteer

Barbara has been an important part of Village Without Walls since 2014, working as part of the planning group and using her 30 plus years of work in information technology.



She and her husband Paul were introduced to the Village by Anne Dale. Barb is now on the Village Council as Treasurer and is the Communications, Marketing & Technology Team Chair, where she finds ideas and activities of interest for the VWW Newsletter and activity calendar.

Barbara was born in Denver, Colorado, but came to Portland when she was 15 months old. She grew up in the Sellwood and Gresham areas. She attended Centennial High School and one year at the Oregon College of Education before moving back to Colorado with her parents. Eventually, she graduated from the University of Redlands with a bachelor's degree in Business.

Barb is the oldest of three siblings with a brother three years younger and a sister ten years younger. Her Dad died when she was 21 but her Mother, now 93, lives in a retirement center near her sister in Denver.

Barb met Paul while he was in Air Force training in Colorado, and they got married in Okinawa, Japan where he was stationed during the Vietnam War. Barbara has held many interesting IT jobs at hospitals, banks, newspapers, and a law firm.

When she and Paul retired in 2012, they first moved to an apartment in Hillsboro and then to their present Hillsboro home which showcases original works of art as well as mementos from vacations in England, France, Mexico and Italy.



Barbara loves art shows, singing in her church choir, and traveling. She is currently learning to make pottery and is interested in quilting someday. She took the VWW painting class and regularly attends the Village First Wednesday Social. She and Paul host the Second Friday Village Happy Hours—another of Barbara’s valuable contributions to Village Without Walls.

Healthy Start in 2020

Village Members and Volunteers can make a healthy start in 2020 by signing up for an 8-week Tai Chi Chih class. Certified instructor Linda Minor will be teaching this course in mindful, moving.



Participants will learn gentle ways to move that benefit body, mind and spirit. The program is free with the option of donations to help cover class expenses

Where: Forest Grove United Church of Christ
2032 College Way; Forest Grove, OR 97116

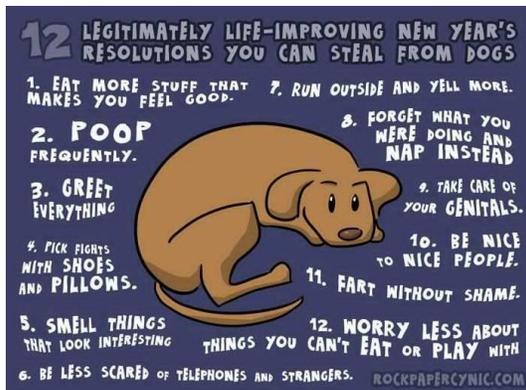
Dates: January 21—March 10

Days: Tuesdays

Time: 11:00 AM —12:00 PM

T'ai Chi Chih, developed by Justin Stone in 1974, includes nineteen movements and one pose, which can be easily learned by all ages. No special equipment is needed. Those who practice T'ai Chi Chih regularly report having better balance, lower blood pressure, a greater clarity of mind, and many other benefits.

Please contact Linda Minor at 503-320-5487 with questions or to sign up for the class. Sign-up is required to reserve a space. If you need transportation, contact the Village office at 503-207-8729 or www.hillsboro@gmail.com.



A New Approach to New Year's Resolutions

Do you start out each year with a list of resolutions only to get discouraged within a month? Do you beat yourself up each December about what you haven't accomplished from the year's list?

There is a way to turn the process around and give yourself more

opportunities to feel good about yourself. An important first step is to understand the distinction between a resolution and a goal. A resolution is a *resolve* or determination to do something. A goal is the calculated step you need to take to achieve the resolution.

If you break your resolution down into individual goals, you can celebrate your progress as you go along instead of feeling like you haven't accomplished anything until the final result is reached.

For example, what if one of this year's resolutions is to lose 10 pounds. What do you need to do accomplish that resolution? Here are some possible goals:

- Eat salad for dinner at least twice a week.
- Exercise 30 minutes daily at least 5 times a week.
- Stop eating after 7:00 PM to eliminate snacking.

With specific goals you don't need to lose all 10 pounds before you can celebrate. Every time you have that salad, complete an exercise session or avoid late night snacking, you can pat yourself on the back. This way, your chance of success is much greater, and you will feel more positive about your ability to accomplish the overall resolution.



Thank you, City of Hillsboro!

Village Without Walls has again been the recipient of a \$2,000 Hillsboro Community Service Grant in December. This money will be used to provide subsidized memberships to Hillsboro residents. We really appreciate the city's on-going support of our Village.



A Village Family's Australian Journey

Join us on a picturesque journey through the southeast, central outback, rainforest, Great Barrier Reef, and east coast of Australia.

When: 1:00 PM to 3:00 PM
Saturday, Jan. 25, 2020

Where: Unitarian Universalist Church
6815 NW Birch Street
Hillsboro, 97124



Elaine and Pete Nelson are offering this video presentation for Village Without Walls *members and volunteers*. Bring a friend if you wish.

We will be in the church social hall which is down a set of outdoor stairs from the parking area. A handicap entrance is also available near the mailbox on the Birch Street side of the church. You are encouraged to bring healthy snacks to share (optional). Please RSVP by calling 503 207-8729 or emailing us at vwwactivities@gmail.com.



Plant the seed of sustainability with a gift from your IRA.

Giving less to your favorite charities because you no longer itemize? If you are over 70 ½ years of age, one way to reduce your taxable income is by making donations from your required minimum IRA distribution. This can be especially helpful if you pay taxes on a portion of your Social Security benefits.

If this is something in which you would be interested, please consider a donation to Village Without Walls to help lay the foundation for our long-term sustainability.

In most villages across the country, membership fees account for only 44% of the budget. Currently, our Village is able to cover our expenses with membership revenue alone. As we grow, we want to expand support for our low income neighbors. Later we would like to add a part-time staffer to support volunteers and members. To do this we will need to supplement member fees with donations.

You can choose the amount to donate from your IRA—a portion or all of a distribution—and ask your financial manager to make the gift for you. Checks should be made out to “Villages NW fbo Village Without Walls” and mailed to Village Without Walls, 1333 NE Orenco Station Parkway #572, Hillsboro, OR 97124.

If you have questions, contact Villages Northwest at info@villagesnw.org or call 503-515-1948.



What We've Been Up To

In addition to our regular monthly socials, our members and volunteers have been keeping busy with a variety of activities.

In November, nineteen Village Volunteers attended Home Safety Assessment training. Pacific University Occupational Therapy students, Marilyn Ngo and Justinne Macarayan, presented an Aging in Place: Fall Prevention workshop where we learned about strategies and tools to help us prevent falls in our home. Village Members Plus may request a Home Safety Assessment by calling 503-207-8729.

November also saw a Village Sing-a-long, this time in Cornelius.

Several members and volunteers attended a Collage Class in December, where good, creative fun was had by all. More craft classes are being scheduled for 2020.

Village Without Walls
1333 NE Orenco Station Pkwy., #572
Hillsboro 97124
503-207-8729
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Village Without Walls is a member of the Villages NW nonprofit Hub & Spoke Network.

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